

## Path Performance, Inc. Workout Definitions & Terminology

### General Workout Abbreviations

**B:** = Beginner level program

**I:** = Intermediate level program

W/U = Warm-Up

C/D = Cool-Down

W/:30 = With :30 seconds rest - Rest interval between repeats of swimming, biking or running

MIN = Minutes

### Swim Workout Abbreviations

K = Kick

P = Pull

S = Swim

D = Drill

S-D = Step Down - Increase speed as set progresses

Swim Buoy = floatation device held between your legs to maintain buoyancy while using only arms to swim



### Bike Workout Abbreviations

Cadence = the number of revolutions per minute (RPM) you are turning your pedals

Spin = turning your pedals at 90-100 cadence with a comfortably easy gear - Zone 1 intensity

ILT = Individual Leg Training - alternate pedaling with one leg at a time then with both - e.g. 3X:30 W/1 MIN = pedal :30 with right leg then :30 with left leg then 1 minute together and repeat 3 times total.

SPINUP = Progressively increase pedal cadence - e.g. 10X :30 W/1 MIN = in a comfortably easy gear, gradually increase your pedal turnover speed to a level you can maintain for 10 seconds then ease back down and pedal easy for 1 minute

BRICK = workout in which two of the three disciplines of a triathlon are done together in training - typically biking followed immediately by running; can be swimming followed by biking

OVERGEAR = Pushing a bigger gear than usual at low cadence (55-70 rpm) while maintaining the appropriate intensity Zone.

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### Intensity Zones - Talk Test

This is a simple way to evaluate the intensity (how hard) of your workout

Zone 1 (Z1=L1) - Talk in full sentences - light to moderate breathing

Zone 2 (Z2=L2) - Half to full sentences - moderate breathing

Zone 3 (Z3=L3) - Few words between breaths - not full sentences

Zone 4 (Z4=L4) - Cannot talk much

Zone 5 (Z5=L5) - Very hard to maximum effort

Workouts broken down:

### Sample Swim Workout

W/UP: L1: 4X100 W/:60

L1: 4X50 W/:30;

L1: 4X25 W/:20;

C/D L1: 100

### Swim Workout Description

Warm-Up with easy swimming of 4 x 100 yards resting 60 seconds between each 100 yards.

Next, begin 4 X 50 yards swim @ Zone 1 resting 30 seconds between each 50 yards

Next, begin 4 X 25 yards swim @ Zone 1 resting 20 seconds between each 25 yards

Finish with 100 yards of each swimming.

### Sample Bike Workout

L2: 4X5 W/2 MIN;

L1: SPINUPS 6X:30 W/1 MIN;

W/U L1: 10 min

C/D L1: 5 MIN

### Bike Workout Description

Warm-Up @ Zone 1 with easy cycling of 10 minutes.

Next, begin 4 X 5 minutes of cycling @ Zone 2; spin @Zone 1 for 2 minutes between each 5-minute interval

Next, begin 6 X 30 seconds cycling @ Zone 1 increasing cadence to 90+; spin @Zone 1 for 1 minute between each interval

Finish with each cycling @Zone 1 for 5 minutes.

### Sample Run Workout

Z2: 4X5 MIN w/ 3 MIN walk/jog

Warm-Up 10 minutes

Cool-Down 5-10 minutes

### Run Workout Description

Warm-Up with a walk to a light jog for 10 minutes.

Next, begin the 1<sup>st</sup> 5 minute interval @ Zone 2 effort followed by a 3 minute walk/jog @ Zone 1

Next, repeat 3 more times;

After the 4<sup>th</sup> - 5 minute interval, move into the 5-10 minute cool-down

Breakdown by time is as follows:

10 +5 +3 +5 +3 +5 +3 +5 +5-10 = 44-49 minutes total time

Ask us about any terminology in the workouts you don't know and we'll add it here!